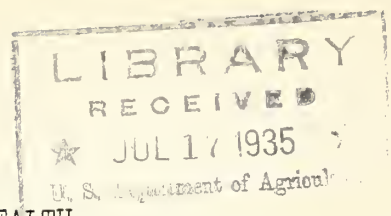


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CANNED SUMMER WEALTH MEANS WINTER HEALTH

A radio talk by Mrs. Gilbert Garrison, farm woman, Smyrna, Delaware, delivered in the Home Demonstration Radio Hour, July 3, 1935, and broadcast by a network of 50 associate NBC radio stations.

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Greetings from Delaware to Farm and Home Hour listeners everywhere. Delaware is a small state but one so concerned with the health of its present and future citizens that it has organized a State Health Council composed of one representative from each of the paid or voluntary agencies which is working throughout the state for the improvement of the health status of the individual and the community. This council serves as a clearing house for advising the people of Delaware as to the various aspects of health such as the correction of defects, the prevention and control of disease, personal and community hygiene and the necessary factors in maintaining positive health for every member of the family.

Our State Nutrition Specialist, a member of this council, assures us that our year-'round food habits are of the utmost importance in keeping healthy. She says, "Gone are the days when during half the year there was more than enough of the vital food values and in the other half there was a deficiency diet, the effects of which we tried to counteract, in the spring, by taking tonics of iron, sassafras tea, or the well-known sulphur and molasses."

Gone also are the days when each different season brought its particular variety in menus. Now it is possible to have a day-to-day variety which provides for balanced meals every day of the year. I am not referring to the fact that we can buy fresh vegetables in the winter for we all know that foods out-of-season command high prices, which most of us cannot afford. But by using the simple modern methods of canning, preserving and storing foods, we can now extend the fruit and vegetable season the whole year around.

Delaware has a growing season of approximately seven months during which time a succession of at least twenty-five varieties of vegetables are available for a few weeks each and then, unless preserved, are gone for another year. Therefore, we must plan our gardens to produce enough for use while fresh and a surplus for the five-months period when we must depend entirely upon canned foods.

According to the food requirements set up by our Nutrition Specialist, I should can a minimum of two-hundred and forty quarts of vegetables and one-hundred-sixty-two quarts of fruits annually as I feed an average family of six persons. However, I have found it advisable to can more than this minimum to take care of guests and extra help and to meet the requests of various service organizations for such donations. In fact, last year, I canned about four-hundred quarts of vegetables and one-hundred and seventy-eight quarts of fruits and preserves. This undue proportion of vegetables compared with fruits, is

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due to the facts that my family is especially fond of them and that there was a scarcity of fruits of all kinds in Delaware last year. In addition I put up one-hundred and thirty-eight quarts of meat and stock.

This sound like a great deal of food but in May my cupboard, like Old Mother Hubbard's, was almost bare. It is being replenished as rapidly as the products are available and already contains one hundred seventy-seven quarts of asparagus, strawberries, rhubarb, kale, and stringbeans -- jars of health that will provide my family with balanced and satisfying meals next winter instead of the tiresome and unhealthy ones of smoked meats and starchy foods. This canning program is also a means of balancing the family budget, as well as the diet, by decreasing cash expenditure for fresh foods and for medicines when we grow ill because of the lack of them.

Man has not yet discovered how to harness the heat from the sun's rays in summer and preserve it for use as fuel in winter but woman, through canning the food products which these same rays caused to grow has learned how to preserve much of summer's wealth to promote health and happiness for herself and her family during the lean winter months.

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